

## MAYOR'S OFFICE FOR SENIOR CITIZENS

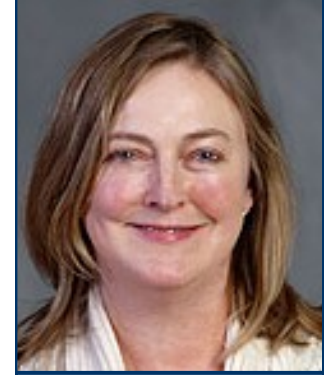
# January 2013 COFFEE HOURS



Alain Rhone



Tom Rasmussen



Terrie Johnston

Mayor's Office for Senior Citizens Advocate Alain Rhone discusses lesser-known programs and organizations that help people keep their homes, their wallets and their bodies healthier.

**Thursday, January 10, 2013  
11:00 a.m.-Noon**

**Garfield Community Center  
2323 East Cherry Street  
Seattle, WA 98122**

Join us for a Conversation with Seattle City Councilmember Tom Rasmussen

**Thursday, January 17, 2013  
10:00-11:00 a.m.**

**The Central Building  
810 3rd Avenue  
Seattle, WA 98104  
1st Floor Conference Room**

Find out how to stay safe. Seattle Police Department Crime Prevention Coordinator Terrie Johnston will discuss Personal Safety

**Tuesday, January 22, 2013  
10:00-11:00 a.m.**

**Four Freedoms House of Seattle  
747 N 135th St  
Seattle, WA 98133**

The Mayor's Office for Senior Citizens' Coffee Hours bring community elders closer to City Officials and explore a variety of topics of interest to older adults. They provide opportunities for elders to learn about City programs and services and give officials an opportunity to hear from elders. Other topics examine cutting edge information about healthy aging, legal and planning issues, and more. Refreshments are served. Coffee Hours are held the third Thursday of every month downtown at the Central Building, and in Seattle neighborhoods.

[www.seattle.gov/seniors](http://www.seattle.gov/seniors)  
206-684-0500 | [seniors@seattle.gov](mailto:seniors@seattle.gov)



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